ABSTRACT OF THE DISCLOSURE

A home wellness system includes a server having a wireless transceiver, a plurality of sensors each of which has a wireless transceiver adapted to communicate sensor information to the server wireless transceiver, and a portable display and configuration fob. The portable fob includes a rotary thumbwheel encoder, a display and a wireless transceiver communicating with the server wireless transceiver. The thumbwheel encoder and the display cooperate to provide a first rotary menu for displaying the sensor information of the sensors and a second rotary menu for configuring the sensors.